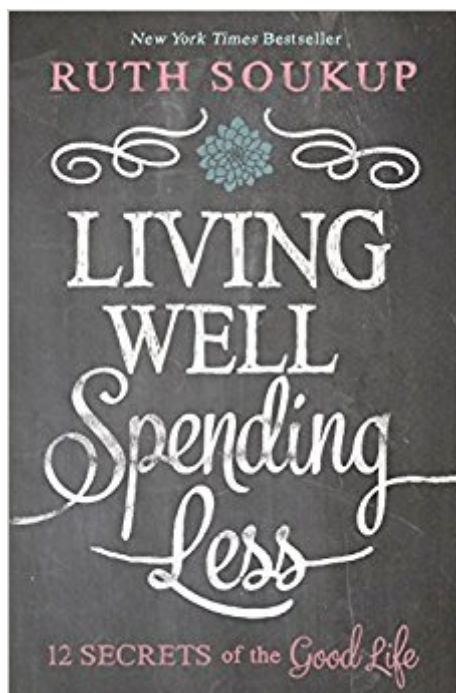


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Living Well Spending Less: 12 Secrets Of The Good Life



Synopsis

In Search of the Good Life Have you ever that your life--and budget--is spiraling out of control? ã ã Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? ã ã Is it possible to find balance? ã ã ã ã ã ã ã ã In a word, yes. ã ã ã ã ã ã ã ã Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: ã ã ã ã ã ã ã ã ã ã ã ã ã ã Discover your "sweet spot"--that place where your talents and abilities intersect. ã ã ã ã ã ã ã ã ã ã ã ã ã ã Take back your time and schedule by making simple shifts in your daily habits. ã ã ã ã ã ã ã ã ã ã ã ã ã ã Reduce stress in your home and family by clearing out the clutter. ã ã ã ã ã ã ã ã ã ã ã ã ã ã Stop busting your budget and learn to cut your grocery bill in half. ã ã ã ã ã ã ã ã ã ã ã ã ã ã Bring order to a messy life and create a practical cleaning schedule that works. Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. ã ã ã ã ã ã ã ã ã ã ã ã ã ã It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Do you ever find yourself comparing your life to those around you? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Have you ever wished for the courage to follow your dreams? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Do you ever struggle to stay organized or get things done? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Have you ever felt loaded down with stuff you don't really need....or even really want? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Do you ever struggle to keep your finances on track? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Have you ever wished for a cleaner house? ã ã ã ã ã ã ã ã ã ã ã ã ã ã Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. ã ã ã ã ã ã ã ã ã ã ã ã ã ã It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." ã ã ã ã ã ã ã ã ã ã ã ã ã ã --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how

mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it." -- She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of *A Confident Heart* "I couldn't stop reading. I tried to--only because I had other things I needed to do--but I couldn't. Rarely is there a book so adept at weaving personal story with practical tips. I found myself craving this good life that Ruth writes of--a life that is possible for anyone who reads this book." --EMILY T. WIERENGA, author of the bestselling memoir *Atlas Girl* "In this book, you will be inspired by Ruth's authenticity and honesty as she shares her own journey from spending time and money chasing after more to discovering she already has all the makings of a rich and full life right where she's at. If you struggle to simplify your life and wish you could savor the here and now, this book is a must-read." --CRYSTAL PAINE, founder of MoneySavingMom.com and author of *Say Goodbye to Survival Mode*

Book Information

Paperback: 240 pages

Publisher: Zondervan (December 30, 2014)

Language: English

ISBN-10: 0310337674

ISBN-13: 978-0310337676

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 543 customer reviews

Best Sellers Rank: #39,555 in Books (See Top 100 in Books) #107 in Books > Business & Money > Personal Finance > Budgeting & Money Management #375 in Books > Christian Books & Bibles > Christian Living > Personal Growth #427 in Books > Christian Books & Bibles > Christian Living > Inspirational

Customer Reviews

"More than just a financial guide. Packed with doable tips and infused with warmth, honesty, & humility, this fabulous title will touch the hearts--and lives--of women of all ages." --CHRISTY PITNEY, CBA Retailers Resources "Living Well, Spending Less is about more than planning a better budget or maintaining an organized home; it offers tips for easing stress and improving time management. Here Ruth gifts us with a simple yet powerful blueprint for realizing

true, deep contentment with all of the good things that this life has to offer." --KASEY KNIGHT TRENUM, blogger at time2saveworkshops.com "Living Well, Spending Less is an incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend."

--RACHEL CRUZE, coauthor with Dave Ramsey of *Smart Money, Smart Kids* "Living Well, Spending Less is an inspiring book full of step-by-step instructions and spiritual wisdom. I love how Ruth is transparent about her mistakes as she leads us to reevaluate our priorities. This book is a great biblical guide to living well and finding joy!"

--COURTNEY JOSEPH, author of *Women Living Well* and WomenLivingWell.org "It doesn't take more than a trip to Target or a glance at *People* magazine for me to come face-to-face with my own insatiable desire for more. More beauty. More designer clothes. More gadgets. More happy. But, as Ruth Soukup discloses through her signature honest and down-to-earth style, "more" will never make you and me "full." But here's the good news: The life you crave is far closer than you can imagine. Ruth will show you how to get there."

--MICHELE CUSHATT, speaker and author of *Undone* "Ruth's book inspires, motivates, and comforts at the same time. Her book is about far more than saving money; it's about learning how to be content and satisfied, regardless of your financial situation. It made me wish Ruth lived down the street so I could meet her for coffee and a chat."

-- Stephanie Nelson, founder of CouponMom.com "In this book, you will be inspired by Ruth's authenticity and honesty as she shares her own journey from constantly spending time and money chasing after more to discovering she already has all the makings of a rich and full life right where she's at. If you struggle to simplify your life and wish you could savor the here and now, this book is a must-read."

-- Crystal Paine, founder of MoneySavingMom.com and New York Times bestselling author of *Say Goodbye to Survival Mode* "Ruth Soukup knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. In *Living Well, Spending Less*, Ruth offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again and recommending it to friends who long to live and love the good life that God has for them!"

-- Renee Swope, bestselling author of *A Confident Heart* (book and devotional) and *Proverbs 31 Ministries* "Living Well, Spending Less is an inspiring book full of step-by-step instructions and spiritual wisdom. I love how Ruth is transparent about her mistakes as she leads us to reevaluate our priorities. This book is a great biblical guide to living well and finding joy!"

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WomenLivingWell.orgIt doesn't take more than a trip to Target or a glance at People magazine for me to come face-to-face with my own insatiable desire for more. More beauty. More designer clothes. More gadgets. More happy. But, as Ruth Soukup discloses through her signature honest and down-to-earth style, "more" will never make you and me "full." But here's the good news: The life you crave is far closer than you can imagine. Ruth will show you how to get there. -- Michele Cushatt, speaker and author of Undone.Living Well, Spending Less is relatable and helpful without being condemning. Ruth takes a complicated, emotionally laden issue like spending and makes it seem possible to come to terms with what's keeping us stuck both in our finances and in our lives. -- Edie Wadsworth, author of Coming Home and blogger at LifeingraceRuth Soukup has learned contentment does not come with a Pottery Barn label. Every woman who struggles with wanting more should read this book before she discovers a stack of receipts and a trail of regrets. It's never too late, as Ruth so engagingly and shares, to discover that the Good Life---God's best---is free. -- Glynnis Whitwer, author and executive director of communications at Proverbs 31 MinistriesI couldn't stop reading Living Well, Spending Less. I tried to---only because I had other things I needed to do---but I couldn't. Rarely is there a book so adept at weaving personal story with practical tips. I found myself craving this good life that Ruth writes of---a life that is possible for anyone who reads this book. -- Emily T. Wierenga, author of the bestselling memoir Atlas GirlLiving Well, Spending Less is about more than planning a better budget or maintaining an organized home; it offers tips for easing stress and improving time management. Here, Ruth gifts us with a simple yet powerful blueprint for realizing true, deep contentment with all of the good things that this life has to offer. -- Kasey Knight Trenum, blogger at time2saveworkshops.comLiving Well, Spending Less is an incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend. Trust me, you'll be happy you read this book. -- Rachel Cruze, coauthor with Dave Ramsey of Smart Money Smart Kids

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Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances in order to discover the life you've always wanted--the Good Life.Ã Â With brutal honesty and the wisdom of someone who has been there, Ruth will help you: Overcome the destructive cycle of "more is never enough" by learning how to choose contentment. Step off the treadmill of always just trying to keep up, and instead take back your time and schedule by making simple shifts in your daily habits. Stop busting your budget and learn to cut your grocery bill in half by making five simple tweaks to the way you shop. Bring order to a messy life and create a practical cleaning schedule that works for your own home and family. Develop a concrete plan for sharing the Good Life with others in order to bring lasting joy.

There is no way that ALL of these reviews are legitimate. I can't believe I wasted money on this book, I'm returning it right away. I have been a LONG time reader of the 'Living Well, Spending Less' blog, and there are blog posts that I read over and over (especially about minimalism with children, the No Spend Challenge posts, and more) and I share them with family and friends. I almost could not believe this book was from the same person. This is clearly more of an auto-biography than an informational book on saving money. I am FRUGAL, and try to save money anywhere I can with 5 children. I was so disappointed to read in almost every single chapter about how she had to break her habit of going on \$500 Target shopping sprees, give up the expensive Starbucks lattes, and that to this very day, she still overspends. Being frugal is making your own coffee from home, NOT going to Target (most expensive place ever, for everything) and saving money in every category. I also was disheartened by her constantly mentioning that she still to this day overspends. It's like reading a book about a recovering alcoholic, who beat his addiction, only to find out he MOSTLY beat the addiction, but still drinks from time to time. That is not inspiring at all. The bits and pieces about saving money were mediocre at best. I have been doing no-spend challenges for years, both through online Facebook groups, with Dave Ramsey fellow followers, and with girlfriends and my own husband. There was literally no helpful information about that at all. Instead of giving the reader lots of information about how to chart or track your 'no spending', ideas to fight the urge, ways to use things at home and not spend, it simply outlined the idea, and then went back to talking about her story on how she tried it, still does, but mainly still spends. SO SAD. I'm also sad to find out that when she started the blog, it was only to write about money saving ideas to pull readers in, and while she did it, learned to help herself with her spending and save money. So the main reason she started the blog was to make money, so she could spend it, but learned a thing or two along the way (but yet, to this day, still overspends). Overall, I was so

disappointed. I had to force myself to get through the whole thing, and couldn't believe it was even published. I LOVE her blog, and I guess I just need to print the blog pages I love and put them in a binder, and try to forget that the woman behind the articles really only started writing for the money, and still to this day doesn't stick to what she writes. I get that no one is perfect, but I seek encouragement from people that LIVE frugal, every day, in every way, pushing their self control to have financial peace for themselves and their families. Not people that write about it to only make money off of it. I would never recommend this book, even to a beginner. There is WAY more helpful information online, and in other books. A good book for going minimalist is 'The Joy of Less', I'm reading it for the 5th time now, it's amazing. And for saving money, anything Dave Ramsey. For organizing, recipes, meal plans, I turn to my online Dave Ramsey Budgeting groups, or search blogs for specific things. Can't wait to go to her blog again to read, but this book is going back!!

As a stay-at-home mom of two and the bill-payer of my household, I could not relate to this book at all. The author is all over the place with stories and Bible verses, that don't even match up to each other or to the topic of each chapter. I am an easy sell on a book - I liked this one because of the title and the cover. The title of this book should be: "Long-winded stories about the mistakes I made in my quest a designer lifestyle." I can't relate to the author's life at all. She has some social anxiety issues that had her moving her family to new cities frequently, and then the kicker was when she said her husband became a stay-at-home dad so she could BLOG. DO WHAT? And I am to take FINANCIAL advice from this woman? She also babbles on and on about her lack of confidence as a writer - which seems strange in a PUBLISHED book on the topic of saving money. She's all over the place - the chapters start on one topic and veer so far off course with gossipy stories about her life - dropping names, businesses, designer labels. So strange that gossipy stories are followed by these "deep" Bible verses that confuse the entire message. This was a waste of \$12.

Liked the female perspective. Was familiar with the \$ saving tips mentioned in this book from well known male authors, but I liked her voice. The lists (QR scans) are helpful too. I could relate to the struggles the author writes about in this book somewhat, both the internal and external conflicts that accompany a life of excess and accepting the realization you need to make changes no matter if they are by choice or forced upon you. It's kinda a autobiography of her life which gives a personal touch. There's not really any new \$ saving secrets in here. Would be helpful to some, especially those new to budgeting.

There are some good hints and ideas for saving money. Could have had a bit more depth. But all in all good read. Better for a young couple starting out.

While I do not have a problem with religion, the incessant Bible references in a self-help book about spending less money are annoying. I purchased the Kindle book based on the -very- brief sample provided and am hoping I can deal with the constant verses (and comments that only 'God can save me' from spending) while trying to learn a thing or two about being frugal. I'm only 11% into the book and am hoping the power of prayer is not the only advice she plans on offering her readers. Pretty sure I can't return a Kindle book, so I guess I'll be sticking this one out. Buyer beware: read the reviews (both positive and negative) before you buy.

Boring

This book was not for me. Long winded and scattered. It seems to work for some people but to me the advice was common and not anything new.

This book is more about living by God's word to enrich your life. Since I am a non believer, I had a difficult time with the concept. I didn't learn anything I didn't already know.

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